

US HEALTH – UNIT 1

NUTRITION & EXERCISE

NUTRITIONAL FACTS!



Nutrition Facts
Serving Size 1 cup (228g)
Amount Per Container 2

Amount	Calories from Fat 110	% Daily Value*
Calories		
Total Fat 12g		
Saturated Fat 3g		18%
Trans Fat 3g		15%
Cholesterol 30mg		
Sodium 470mg		10%
Potassium 700mg		20%

NUTRITIONAL FACTS!

- What is a Nutritional Fact Sheet?
 - Fact sheets provide nutrition facts to give you an idea of what each product has in it.
 - They provide ‘daily value’ information on what the body may need.
 - They share information on the amount of nutrition that is in a particular product.

NUTRITIONAL FACTS!

Start Here

Check Serving Size

Check Calories

Limit These Nutrients

Get Enough of
These Nutrients

Nutrition Facts

Serving Size 1/2 cup (114g)
Servings Per Container 4

Amount Per Serving

Calories 90 **Calories from Fat 30**

	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	

Vitamin A 270% • **Vitamin C** 10%
Calcium 2% • **Iron** 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	30g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Quick Guide
to % Daily Value

5% or less is low
20% or more is high

Footnotes

NUTRITIONAL FACTS!

- **Start with the Serving Size**
- Look here for both the serving size (the amount people typically eat at one time) and the number of servings in the package.
- Compare your *portion* size (the amount you actually eat) to the *serving* size listed on the panel. If the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.
- **Check Out the Total Calories**
- Find out how many calories are in a single serving. It's smart to cut back on calories if you are watching your weight.

NUTRITIONAL FACTS!

- **Let the Percent Daily Values Be Your Guide**
- Use percent Daily Values (DV) to help evaluate how a particular food fits into your daily meal plan.
- Daily Values are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5 percent DV of fat provides 5 percent of the total fat that a person consuming 2,000 calories a day should eat.
- Percent DV are for the entire day, not just one meal or snack
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100 percent DV.

NUTRITIONAL FACTS!

- **The High and Low of Daily Values**
- Low is 5 percent or less. Aim low in saturated fat, trans fat, cholesterol and sodium.
- High is 20 percent or more. Aim high in vitamins, minerals and fiber.
- **Limit Saturated Fat, Added Sugars and Sodium**
- Eating less saturated fat, added sugars and sodium may help reduce your risk for chronic disease.
- Saturated fat and trans fat are linked to an increased risk of heart disease.
- Eating too much added sugar makes it difficult to meet nutrient needs within your calorie requirement.
- High levels of sodium can add up to high blood pressure.
- Remember to aim for low percentage DV of these nutrients.

NUTRITIONAL FACTS!

- **Get Enough Vitamins, Minerals and Fiber**
- Eat more fiber, potassium, vitamin D, calcium and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.
- Choose more fruits and vegetables to get more of these nutrients.
- Remember to aim high for percentage DV of these nutrients.
- **Additional Nutrients**
- You know about calories, but it is important to also know the additional nutrients on the Nutrition Facts Panel.

NUTRITIONAL FACTS!

- **Protein**

A percentage Daily Value for protein is not required on the label. Eat moderate portions of lean meat, poultry, fish, eggs, low-fat milk, yogurt and cheese, plus beans and peas, peanut butter, seeds and soy products.

- **Carbohydrates**

There are three types of carbohydrates: sugars, starches and fiber. Eat whole-grain breads, cereals, rice and pasta plus fruits and vegetables.

- **Sugars**

Simple carbohydrates, or sugars, occur naturally in foods such as fruit juice (fructose) or come from refined sources such as table sugar (sucrose) or corn syrup. Added sugars will be included on the Nutrition Facts label in 2018. The 2015-2020 *Dietary Guidelines for Americans* recommends consuming no more than 10 percent of daily calories from added sugars.

NUTRITIONAL FACTS!

- [Nutrition Fact Video](#)

Quick Quiz – What's On This Plate?



Quick Quiz – What's On This Plate?

- Lettuce
- Pasta
- Chicken
- Rice
- Dressing
- Peas
- Other Veggies

Quick Quiz – What Single Meal Has All Of The Food Groups In It?

- Protein
- Dairy
- Grains
- Fruits
- Vegetables

Quick Quiz – What's On A Double Quarter Pounder? With Cheese?



Quick Quiz – What's On A Double Quarter Pounder? With Cheese?

- **Double Quarter Pounder with Cheese**
- Nutrition Facts - Amount Per 10 oz (1lb = 16 oz)
- Calories 780
- % Daily Value*
 - Total Fat 45g 69%
 - Saturated fat 21g 104%
 - Trans fat 2g
 - Cholesterol 175 mg 58%
 - Sodium 1,310 mg 54%
 - Total Carbohydrate 43 g14%
 - Dietary fiber 3g 12%
 - Sugar 10g
 - Protein 50g 100%
 - Vitamin A 10% - Vitamin C 4% - Calcium - 30% - Iron 39% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NUTRITIONAL FACTS!

- **Check the Ingredient List**
- Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. This information is particularly helpful to individuals with food sensitivities, those who wish to avoid pork or shellfish, limit added sugars or people who prefer vegetarian eating.

NUTRITIONAL FACTS!

- What does the FDA Say?
 - [The FDA's Guide to Nutrition Facts](#)